

## **MBE Boys Running Club for the RCS Hometown Hustle 5k**

**What is Boys Running Club?** Boys will meet twice a week after school to train and prepare to **JOIN A PARENT or GUARDIAN** in participating in the Saturday, May 11<sup>th</sup> Hometown Hustle 5k event in downtown Rochester. There will be LOTS of running! Students will be introduced to running culture, active warm-ups, run-walk workouts, and running games.

**When/Where does it meet?** 4-5 p.m. Mondays and Thursdays, March 25-May 9. Students will meet in the gym lobby. Students will run in the Gym/Halls/Outdoor Field at Meadow Brook. Students should be dressed for running outside once the snow melts!

We will meet at the check in area on the morning of MAY 11<sup>th</sup> for the Hometown Hustle 5k.  
**\*\*Students MUST be joined by a parent or guardian who will complete the 5k WITH THEM.**

**Who can participate?** Boys Running Club is open to all male students at Meadow Brook Elementary School. Students are expected to complete the Hometown Hustle 5k **WITH A PARENT!** Space is VERY limited! Students are accepted in the order that registration forms **and full payment** are returned. Additional students will be placed on a wait list and enrolled as additional running coaches are available. If you would like to be a COACH, please volunteer! It will open space to more students AND ensure your child a spot. It is strongly recommended that students have had a physical and are cleared to run.

### **How can I be involved as a Volunteer?**

\*A parent or Guardian **MUST** accompany and participate in the Hometown Hustle **WITH** your student.

\*You can also volunteer to be a Coach: You must be available to volunteer each Monday and Thursday from 4-5 p.m. All Coaches must complete an I-Chat Authorization Form.

### **What is the cost? Please make all checks payable to Meadow Brook PTA**

**Non-refundable Fee is \$45** (Includes Hometown Hustle 5k Registration for one ADULT/parent and one student, and race day supplies)

You may include additional payment to register other family members for the Hometown Hustle (Additional adult is \$26 and additional K-12 students are \$13/each)

\*Fees are NOT refundable.

Completed waivers for the race will be required, and information on how to do this will be sent home on the first day of practice on March 25.

More information regarding the Hometown Hustle 5k: <http://rcs-foundation.org/events/hometown-hustle/>

**Who should I contact for more information?** Jill Gumz at (248) 535-5081 or [jillgumz@gmail.com](mailto:jillgumz@gmail.com)

**\*\*STUDENTS ARE ENROLLED IN THE ORDER FORMS ARE RETURNED WITH FULL  
PAYMENT. GROUPS MAY FILL BEFORE THE DEADLINE.\*\***

Meadow Brook Boys Running Club Registration Form - Due Friday, March 15th

Student's Name: \_\_\_\_\_

Grade Level: \_\_\_\_\_ Teacher: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

I am interested in volunteering as a coach and will be available every Monday and Thursday as well as Race day on Saturday May 11!      Circle one: Yes   or   No

**Required:**

Print Name of the Adult/Parent who will be participating in the Hometown Hustle 5k WITH your child:

\_\_\_\_\_

List Names of any additional family members wishing to register and participate in the Hometown Hustle:

Name	Circle	Age group
_____	Adult   or	K-12 student
_____	Adult   or	K-12 student
_____	Adult   or	K-12 student
_____	Adult   or	K-12 student